

## HIGHLIGHTS

### ST. PETER'S EPISCOPAL CHURCH

LA GRANDE — St. Peter's Episcopal Church will not worship in person until at least March. A link to a recorded worship service for Sunday, Feb. 21, will be posted to Facebook on Saturday.

There will be a Zoom Lenten midweek service on Wednesday, Feb. 24, at 6:30 p.m. The link for the virtual service will be emailed on Tuesday.

### ZION LUTHERAN CHURCH

LA GRANDE — Zion Lutheran Church will not worship in person this Sunday, Feb. 21, due to COVID-19. A recorded worship service will be posted on Zion's Facebook page and website

### Submissions

Churches and faith-based groups are encouraged to submit Highlights for the Spiritual Life page by 4 p.m. Tuesday for publication Thursday. Submit by email to [news@lagrandeobserver.com](mailto:news@lagrandeobserver.com) (with Highlights in the subject line).

on Saturday.

A virtual Lenten service will be held via Zoon on Wednesday, Feb. 24, at 6:30 p.m. A link for that service will be emailed Tuesday.

Zion won't worship in person again until Union County is in the yellow zone of the state's metrics. The church office will also be closed until then.

### FAITH LUTHERAN CHURCH

LA GRANDE — This Sunday is the first Sunday of Lent, a pen-

itential season of the Church year, the 40 days starting with Ash Wednesday and ending with Easter. Lent is a reflective time in which we recognize our great need of the Savior, Jesus Christ.

The sermon at Faith Lutheran Church for the first Sunday of Lent, Feb. 21, will use Mark 1:9-15. In this passage we hear of Jesus' 40 days in the wilderness before he began his public ministry. These 40 days immediately followed his baptism by John in the Jordan River when the Holy Spirit descended upon him. Faith Lutheran is having mid-

week Lenten services at 6:30 p.m. on Wednesdays, beginning with Ash Wednesday, Feb. 17. This year's theme is "Eyes Fixed on Jesus." The midweek sermon for Feb. 24 will be "Betraying Eyes."

### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

LA GRANDE — Leaders of The Church of Jesus Christ of Latter-day Saints have extended a special invitation to primary-age children, ages 3-11, parents and leaders to watch the Friend to Friend broadcast, a worldwide event that premieres on Saturday, Feb. 20, to encourage children to follow Jesus Christ and serve others as he did. The event will include music and activities as well as messages and will be available at [suschrist.org and on YouTube and the BYUtv app at 10 a.m. in English \(including ASL\), Spanish and Portuguese. Visit the newsroom at \[www.newsroom.churchofjesuschrist.org\]\(http://www.newsroom.churchofjesuschrist.org\) for additional information.](http://www.churchofje-</a></p>
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The home-based, church-sponsored "Come, Follow Me" lesson for the week beginning Monday, Feb. 22, is based on revelations given to Joseph Smith and recorded in Doctrine and Covenants sections 18 and 19 in 1829 in the months leading up to the initial organization of the church.

Beginning Thursday, Feb. 25, RootsTech Connect, which is considered to be the largest family history conference in the world, will be held online and completely free for the first time in its 10-year history. The conference is open to all. To register, go to [www.rootstech.org](http://www.rootstech.org).

## Being humble and noble

### BELIEVING AND BECOMING



**LAURA HUDSON**

FIRST PRESBYTERIAN CHURCH

Bernie has his mittens, but I treasure a pair of fingerless gloves a friend made for me. Somehow she knitted a saying on each of them in cursive script. One says, "Be humble, for you are made of dust." The other says, "Be noble, for you are made of stars."

These sayings remind me of the traditional blessing of Ash Wednesday, which was Feb. 17 in 2021, the ritual that kicks off the 40 days of preparation for Easter known as Lent. "Remember that you are dust, and to dust you will return," we say, making the sign of the cross on foreheads with a mixture of ash and olive oil.

Never do I speak these words without feeling how odd and radical they sound against the death-denying American cultural backdrop. We fear death and try not to look at it too closely. In the pandemic, I've seen how a lack of emotional and spiritual preparedness for death's inevitability exacerbates anxiety.

In contrast, at Ash Wednesday, we face death squarely and bear its unavoidable reality with courage and trust. I am always moved by the blend of humility and hopefulness in the eyes of each person who comes forward to receive the ashes.

I've been in ministry long enough to have drawn the ash-cross on the foreheads of many whom I have now commended to God with a similar phrase: "Ashes to ashes, dust to dust." I have also made the ash-sign on the brows of my son when they were curious toddlers, eager to be included in the oddly messy church ritual. I was struck to the core in the paradox of marking them with a symbol of both death and eternal life.

Whether or not you belong to a Christian tradition that observes Ash Wednesday, there is grace here for all mortal beings. Our bodies are both exquisite and fragile. As resilient as we can be, a day will come when vitality ebbs away. The ashes invite us to acknowledge without shame our common human finitude, recognizing death as the finality which makes every day precious. There is relief and freedom in accepting our limitations.

Yet that is not the only message. In my tradition, the statement about dust is followed by these words: "In life and in death, you belong to God." Ashes are carbon, the elemental building block of life on earth. What looks like destruction is the foundation of new creation. Next time you touch ashes in your fireplace or elsewhere, take heart in this paradox: You are both finite and precious, humble and noble. Death is never only the end of the story, but also the beginning of a new one.

*Laura Elly Hudson is co-pastor of First Presbyterian Church in La Grande, a mother of two boys (and two cats), and founder of Story Journey, where she guides spiritual seekers in believing and becoming as they explore their life story. You can find her at [fplagrande.org](http://fplagrande.org) or at [lauraellyhudson.com](http://lauraellyhudson.com).*

## Hard-hit restaurants feed COVID-19 doctors

By GILLIAN FLACCUS  
Associated Press

PORTLAND — It was the week after Christmas and coronavirus case numbers and hospitalizations were soaring in Portland.

At Oregon Health & Science University, the state's largest hospital, morale was low. Doctors and nurses caring for the most critically ill were burning out just when they were needed the most.

Then, the food started coming: hot and delicious individually wrapped meals from some of the city's trendiest restaurants, a buffet of cuisines from Chinese to Italian to Lebanese to Southern comfort food. For staffers who only took off their N95 masks once to eat during a 12-hour shift, the meals were more than just food — they were emotional sustenance.

"It's almost like having a weight lifted. It's like getting a surprise dozen roses or something," nurse Alice Clark said. "We're so grateful."

But the meals, paid for by a wellness grant from the Oregon-based insurance fund SAIF, also served another purpose: They kept struggling restaurants afloat. As fall and then winter set in, eateries were folding under the strain of a monthslong indoor dining ban. The hospital orders — sometimes 150 or 160 meals at a time — were a financial lifeline.

"It's kept the doors open and a small workforce employed. It's been the most heartfelt catering we've ever done," said Kiauna Floyd, third-generation owner of Amalfi's, a Portland institution that's been serving up Italian cuisine for 62 years.

Floyd's staff has prepared around 500 meals for OHSU, allowing her to keep a core crew employed after laying off three-quarters of her employees. The restaurant is currently



Brittney Caldera via AP

From left to right, Oregon Health & Science University nurses Nick Greenwood, Callie Harling, Derrell Wheeler and Orion Meredith eat a meal Jan. 10, 2021, delivered to the Portland hospital's frontline COVID-19 health care workers.

limping along with seven tables on an outdoor patio in the height of winter, as well as takeout orders and pre-packaged meals-to-go.

Amalfi's focused on manicotti and lasagna dishes for the COVID support meals — and the

restaurant's deliveries have proved to be among the most popular with the recipients.

"We want to do something as comforting as possible so when they are on their break and do get that lunch, it warms

their soul," she said.

For now, though, meal deliveries to OHSU have dried up with the grant funding, and the program ended on Jan. 19. Leaders are hoping for a new funding source to get meals running again soon.

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## Northeast Oregon Directory of Churches

**COVE UNITED METHODIST CHURCH**  
1708 Jasper St., Cove, OR

**NORTH POWDER UNITED METHODIST CHURCH**  
390 E. St., North Powder, OR

JOIN US... *Catch the Spirit!*  
Worship: 9:00 a.m. Cove  
Worship: 10:00 a.m. N. Powder

**First Christian Church**  
*(Disciples of Christ)*

901 Penn Avenue 963-2623  
[lgdisciples@gmail.com](mailto:lgdisciples@gmail.com)

**Worship 10:00 a.m.**

~Join us at The Lord's Table~

**GRACE COMMUNITY LUTHERAN CHURCH**  
*The Place*  
62848 Philynda Loop in Island City  
*"We are called to Serve"*

Sunday School for all ages - 9:00 am  
Sunday Worship 10:00 am

Phone: 541-568-4230  
[grace.lutheran.cove@gmail.com](mailto:grace.lutheran.cove@gmail.com)

**IMBLER CHRISTIAN CHURCH**

440 RUCKMAN, IMBLER 534-2201  
[www.imblercc@gmail.com](mailto:www.imblercc@gmail.com)

**Sunday Services**  
9:00 a.m. Sunday School  
10:00 a.m. Worship Service

*Services This Week*

**CHURCH Service DIRECTORY**

**SUMMERVILLE BAPTIST CHURCH**

Sunday Services:  
Sunday School & Adult Bible Classes 9:45AM  
Children's Church & Worship Service 11:00AM  
Family Worship Service 6:00PM

Wednesday:  
Prayer Mtg., Children's Bible Club, Youth Group 7:00PM

A church for your whole family  
Visit us at [summervillebaptistchurch.org](http://summervillebaptistchurch.org)

**LA GRANDE UNITED METHODIST CHURCH**

"OPEN HEARTS, OPEN MINDS, OPEN DOORS"

1612 4th Street - 963-2498

Pastor Taylor Gould

For service information go to  
[www.lagrandeumc.org](http://www.lagrandeumc.org)

**Zion Lutheran Church**  
*(an ELCA church)*

902 Fourth Street, La Grande, OR (541) 963-5998

9:00 am - Worship  
10:00 am - Fellowship & Refreshments  
10:30 am - Classes  
Pastor: Roberta Smythe  
[www.zionlagrande.org](http://www.zionlagrande.org)

**La Grande Seventh-day Adventist Church**  
*A Place where hope is found in Jesus*  
Join us in Fellowship & Worship  
Saturday all age classes 9:30 am  
Saturday Worship 11:00 am

2702 Adams Avenue, La Grande 963-4018  
[lagrandeor.adventistchurch.org](http://lagrandeor.adventistchurch.org)

*Learning for Today and Eternity*  
Little Friends  
Christian Preschool/Childcare 963-6390  
La Grande Adventist Christian School  
K-8th Grade 963-6203

**La Grande CHURCH OF THE NAZARENE**

109 18th Street • 963-3402

Sunday School 9:15 a.m.  
Sunday Worship 10:30 a.m.

**FIRST LANDMARK MISSIONARY BAPTIST CHURCH**

1812 1st St. La Grande  
Pastor Dave Tierce • 541-605-0215  
*We use the King James Version Bible*  
Sunday School - 10:00 am  
Worship 11:00 am  
Sunday Evening Bible Study - 3:00 pm (Effective June 10)  
Wednesday Evening - 6:30 pm  
*"Where you can find TRUTH according to the scriptures"*  
[www.flmbc.lagrande.com](http://www.flmbc.lagrande.com)